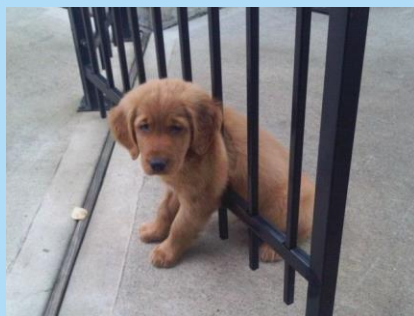


# FEELING STUCK?



**Try the Getting Unstuck Workshop from the Cook Counseling Center!**

**What: 3-session workshop focusing on Cognitive Behavioral Therapy Skills for Depression**

**Who: Students with mild-to-moderate depressive symptoms**

**When: Thursdays 3:30 to 4:30 pm. Dates for the next cycle are November 19<sup>th</sup>, December 3<sup>rd</sup> and 10<sup>th</sup>**

**Where: On Zoom! Sign up here:**

[https://viriniatech.qualtrics.com/jfe/form/SV\\_4NpiPg10Q4jDbSZ](https://viriniatech.qualtrics.com/jfe/form/SV_4NpiPg10Q4jDbSZ)



STUDENT AFFAIRS  
**COOK COUNSELING CENTER**  
VIRGINIA TECH.

